

# ChiRunning®

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# ChiWalking®

The ChiRunning and ChiWalking programs are an entirely new approach to creating health, fitness and well-being through the activity of running and/or walking. ChiRunning and ChiWalking blends running and walking with the inner focuses of T'ai Chi, the ancient Chinese martial art that has gained much notoriety in this country for creating balance, strength, and improved cognition. This program takes the benefits of your fitness regime beyond cardiovascular, aerobic and mental health, by addressing the needs of your whole person; joints and muscles, body and soul.



**ChiLiving is offering 15% off products\*.**

\*(Excludes workshops).

To review our products please go to  
[www.chirunning.com](http://www.chirunning.com) .

When you are ready to place an order at the point of checkout put in coupon code  
**WORK-LIFE-CO**

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